

| Week 2 | | | Week 3 | | | 7-day | Avg Weight | Change |
|------------|------|--------|------------|------|--------|----------------|------------|--------|
| Day | Date | Weight | Day | Date | Weight | | | |
| Monday | 4/21 | 190.00 | Monday | 4/28 | 189.00 | Mon to Mon | 189.50 | -1.00 |
| Tuesday | 4/22 | 186.00 | Tuesday | 4/29 | 185.00 | Tues to Tues | 185.50 | -1.00 |
| Wednesday | 4/23 | 188.60 | Wednesday | 4/30 | 184.80 | Wed to Wed | 186.70 | -3.80 |
| Thursday | 4/24 | 183.60 | Thursday | 5/1 | 183.60 | Thurs to Thurs | 183.60 | 0.00 |
| Friday | 4/25 | 187.60 | Friday | 5/2 | 186.00 | Fri to Fri | 186.80 | -1.60 |
| Saturday | 4/26 | 187.60 | Saturday | 5/3 | 185.80 | Sat to Sat | 186.70 | -1.80 |
| Sunday | 4/27 | 187.40 | Sunday | 5/4 | 185.80 | Sun to Sun | 186.60 | -1.60 |
| Weekly Avg | | 187.26 | Weekly Avg | | 185.71 | 2-week Avg | 186.49 | -1.54 |
| Weekly Max | | 190.00 | Weekly Max | | 189.00 | Weekly Max | 189.50 | -1.00 |
| Weekly Min | | 183.60 | Weekly Min | | 183.60 | Weekly Min | 183.60 | 0.00 |

| Week 3 | | | Week 4 | | | 7-day | Avg Weight | Change |
|------------|------|--------|------------|------|--------|----------------|------------|--------|
| Day | Date | Weight | Day | Date | Weight | | | |
| Monday | 4/28 | 189.00 | Monday | 5/5 | 187.80 | Mon to Mon | 188.40 | -1.20 |
| Tuesday | 4/29 | 185.00 | Tuesday | 5/6 | 184.80 | Tues to Tues | 184.90 | -0.20 |
| Wednesday | 4/30 | 184.80 | Wednesday | 5/7 | 183.00 | Wed to Wed | 183.90 | -1.80 |
| Thursday | 5/1 | 183.60 | Thursday | 5/8 | 180.00 | Thurs to Thurs | 181.80 | -3.60 |
| Friday | 5/2 | 186.00 | Friday | 5/9 | 185.40 | Fri to Fri | 185.70 | -0.60 |
| Saturday | 5/3 | 185.80 | Saturday | 5/10 | 184.80 | Sat to Sat | 185.30 | -1.00 |
| Sunday | 5/4 | 185.80 | Sunday | 5/11 | 184.20 | Sun to Sun | 185.00 | -1.60 |
| Weekly Avg | | 185.71 | Weekly Avg | | 184.29 | 2-week Avg | 185.00 | -1.43 |
| Weekly Max | | 189.00 | Weekly Max | | 187.80 | Weekly Max | 188.40 | -1.20 |
| Weekly Min | | 183.60 | Weekly Min | | 180.00 | Weekly Min | 181.80 | -3.60 |

| Week 4 | | | Week 5 | | | 7-day | Avg Weight | Change |
|------------|------|--------|------------|------|--------|----------------|------------|--------|
| Day | Date | Weight | Day | Date | Weight | | | |
| Monday | 5/5 | 187.80 | Monday | 5/12 | 183.80 | Mon to Mon | 185.80 | -4.00 |
| Tuesday | 5/6 | 184.80 | Tuesday | 5/13 | 181.20 | Tues to Tues | 183.00 | -3.60 |
| Wednesday | 5/7 | 183.00 | Wednesday | 5/14 | 183.60 | Wed to Wed | 183.30 | 0.60 |
| Thursday | 5/8 | 180.00 | Thursday | 5/15 | 179.60 | Thurs to Thurs | 179.80 | -0.40 |
| Friday | 5/9 | 185.40 | Friday | 5/16 | 183.40 | Fri to Fri | 184.40 | -2.00 |
| Saturday | 5/10 | 184.80 | Saturday | 5/17 | 184.60 | Sat to Sat | 184.70 | -0.20 |
| Sunday | 5/11 | 184.20 | Sunday | 5/18 | 186.60 | Sun to Sun | 185.40 | 2.40 |
| Weekly Avg | | 184.29 | Weekly Avg | | 183.26 | 2-week Avg | 183.77 | -1.03 |
| Weekly Max | | 187.80 | Weekly Max | | 186.60 | Weekly Max | 187.20 | -1.20 |
| Weekly Min | | 180.00 | Weekly Min | | 179.60 | Weekly Min | 179.80 | -0.40 |

| Week 5 | | | Week 6 | | | 7-day | Avg Weight | Change |
|------------|------|---------------|------------|------|---------------|----------------|------------|--------------|
| Day | Date | Weight | Day | Date | Weight | | | |
| Monday | 5/12 | 183.80 | Monday | 5/19 | 185.20 | Mon to Mon | 184.50 | 1.40 |
| Tuesday | 5/13 | 181.20 | Tuesday | 5/20 | 181.20 | Tues to Tues | 181.20 | 0.00 |
| Wednesday | 5/14 | 183.60 | Wednesday | 5/21 | 181.20 | Wed to Wed | 182.40 | -2.40 |
| Thursday | 5/15 | 179.60 | Thursday | 5/22 | 177.20 | Thurs to Thurs | 178.40 | -2.40 |
| Friday | 5/16 | 183.40 | Friday | 5/23 | 181.00 | Fri to Fri | 182.20 | -2.40 |
| Saturday | 5/17 | 184.60 | Saturday | 5/24 | 182.20 | Sat to Sat | 183.40 | -2.40 |
| Sunday | 5/18 | 186.60 | Sunday | 5/25 | 184.20 | Sun to Sun | 185.40 | -2.40 |
| Weekly Avg | | 183.26 | Weekly Avg | | 181.74 | 2-week Avg | 182.50 | -1.51 |
| Weekly Max | | 186.60 | Weekly Max | | 185.20 | Weekly Max | 185.90 | -1.40 |
| Weekly Min | | 179.60 | Weekly Min | | 177.20 | Weekly Min | 178.40 | -2.40 |

| Week 6 | | | Week 7 (Projected) | | | 7-day | Avg Weight | Change |
|------------|------|---------------|--------------------|------|---------------|----------------|------------|--------------|
| Day | Date | Weight | Day | Date | Weight | | | |
| Monday | 5/19 | 185.20 | Monday | 5/26 | 186.60 | Mon to Mon | 185.90 | 1.40 |
| Tuesday | 5/20 | 181.20 | Tuesday | 5/27 | 181.20 | Tues to Tues | 181.20 | 0.00 |
| Wednesday | 5/21 | 181.20 | Wednesday | 5/28 | 178.80 | Wed to Wed | 180.00 | -2.40 |
| Thursday | 5/22 | 177.20 | Thursday | 5/29 | 174.80 | Thurs to Thurs | 176.00 | -2.40 |
| Friday | 5/23 | 181.00 | Friday | 5/30 | 178.60 | Fri to Fri | 179.80 | -2.40 |
| Saturday | 5/24 | 182.20 | Saturday | 5/31 | 179.80 | Sat to Sat | 181.00 | -2.40 |
| Sunday | 5/25 | 184.20 | Sunday | 6/1 | 181.80 | Sun to Sun | 183.00 | -2.40 |
| Weekly Avg | | 181.74 | Weekly Avg | | 180.23 | 2-week Avg | 180.99 | -1.51 |
| Weekly Max | | 185.20 | Weekly Max | | 186.60 | Weekly Max | 185.90 | 1.40 |
| Weekly Min | | 177.20 | Weekly Min | | 174.80 | Weekly Min | 176.00 | -2.40 |